

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 14422, Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder

Report Date:December 09, 2015 18:14 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	12.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Energy	kcal	329	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	1377	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	25.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Total lipid (fat)	g	2.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Ash	g	8.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Carbohydrate, by difference	g	51.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	9.4	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2003
Sugars, total	g	32.94	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	1412	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2005
Iron, Fe	mg	7.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Magnesium, Mg	mg	210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Phosphorus, P	mg	893	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Potassium, K	mg	2240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Sodium, Na	mg	659	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2005
Zinc, Zn	mg	3.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Copper, Cu	mg	0.800	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Manganese, Mn	mg	0.730	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Selenium, Se	µg	21.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	5.6	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2003
Thiamin	mg	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Riboflavin	mg	1.938	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Niacin	mg	1.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Pantothenic acid	mg	2.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Vitamin B-6	mg	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Folate, total	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Folate, food	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Folate, DFE	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	128.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	2.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Vitamin A, RAE	µg	209	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	209	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Carotene, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin A, IU	IU	698	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lutein + zeaxanthin	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Vitamin D (D2 + D3)	µg	4.7	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2009
Vitamin D	IU	188	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2003
Vitamin K (phylloquinone)	µg	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lipids													
Fatty acids, total saturated	g	1.871	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
8:0	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
10:0	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
12:0	g	0.571	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
14:0	g	0.216	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
16:0	g	0.430	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:0	g	0.461	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total monounsaturated	g	0.496	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:1 undifferentiated	g	0.492	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:2 undifferentiated	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:3 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	24	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	01/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Caffeine	mg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Theobromine	mg	833	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006